

WHAT IS CLAIMED IS:

1. An pedal assembly for an elliptical exerciser which comprises a frame having a wheel connected thereto and a crank is connected to the wheel, each one of two ends of the crank having an extension link and the
5 extension links located on two sides of the wheel, a mediate portion of a connection bar pivotably connected to an end of each of the extension links and the other end of each of the extension link connected to an end of a handle, an end of each of the connection bars pivotably connected to a link which is pivotably connected to the frame, two rails having an end
10 pivotably connected to the frame and the other end of each of the rails connected to a lifting device, the pedal assembly comprising:

a pedal frame having a first end pivotably connected to the other end of each of the connection bars and a second end of the pedal frame having two side walls and an end plate connected between the two side
15 walls, each side wall having a hole and three notches defined in an inside of the hole, at least one roller connected to the pedal frame and movably engaged to the rail, and

a pedal having two connection plates which are pivotably connected to the two side walls, each connection plate having a set slot and a reset slot defined therethrough, the set slot and the reset slot
20 communicating with each other and a angle defined between two axes of the set slot and the reset slot, a pin extending through one of the set slot and the reset slot and the hole, a bolt extending through the end plate and

fixedly connected to a mediate portion of the pin, a spring mounted to the bolt and biased between the pin and the end plate.